

Blood Clot Prevention

The risk of developing a blood clot (DVT - deep vein thrombosis) increases when you have had surgery and are inactive. Therefore, both mechanical and pharmacological (medicinal) measures are taken to reduce that risk. These measures are based on your surgeon's preference.

Mechanical Prevention

Ankle pumps - Your nurse will remind you to pull your toes up toward your chest and point your toes down. This action contracts and relaxes your calf muscles and increases circulation throughout your lower leg.

TED hose - These are compression stockings that may be placed on both legs immediately after surgery to help control swelling and reduce the risk of blood clots in your legs.

Walking - Gentle activity, such as walking, helps to increase circulation. Be sure to follow any weight-bearing restrictions from your surgeon.

Pneumatic Compression Device - If you are an in-

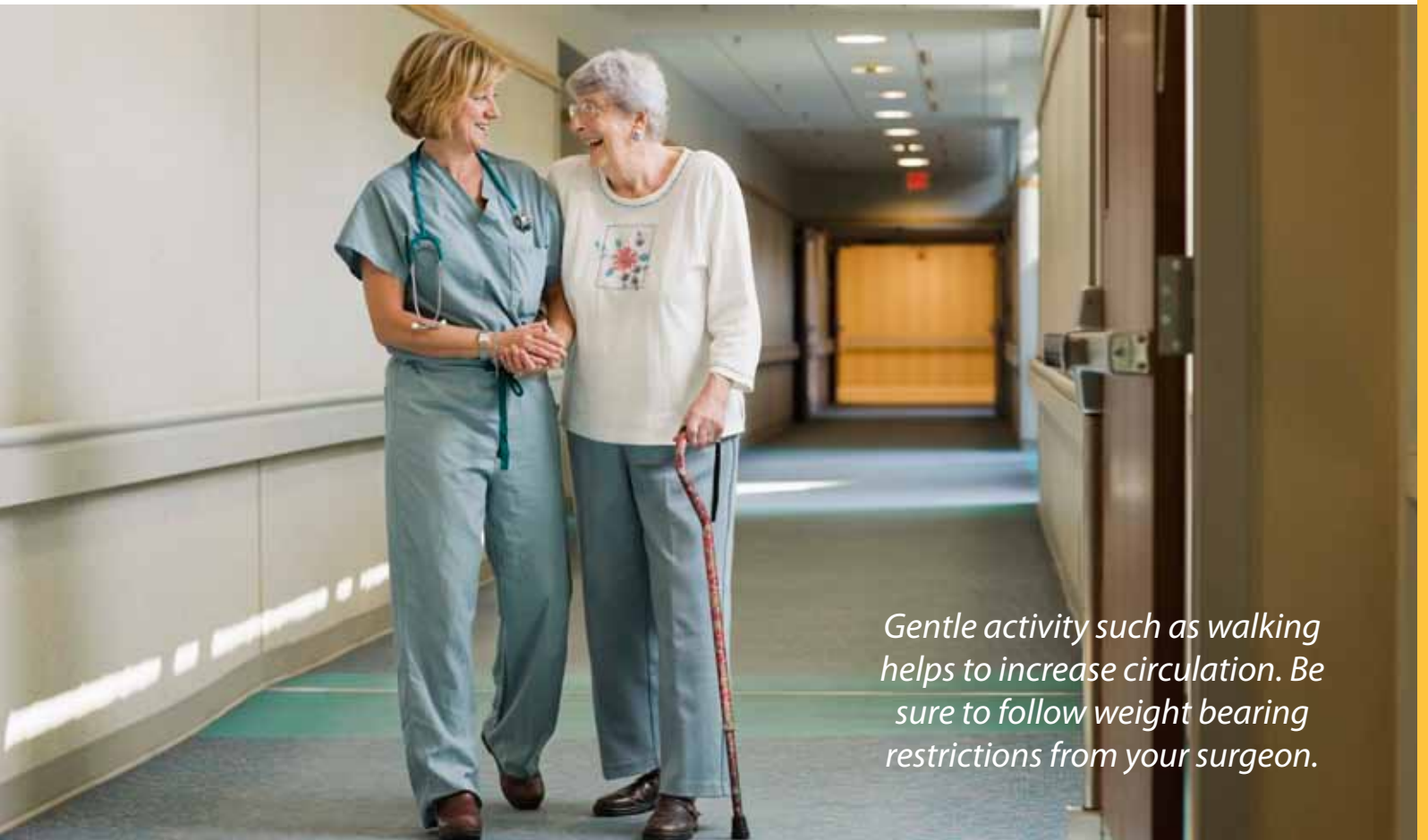
patient, this may be wrapped around the foot and/or lower leg and worn while in bed. Air is pumped into compartments of this wrap which gently compresses the foot or lower leg. This helps to mechanically move the blood along in your veins and is removed before getting out of bed

Medication Prevention

Aspirin may be prescribed daily following surgery. Your surgeon will instruct you on how long to take the aspirin (unless you have a medical condition that prohibits taking aspirin).

Daily small injections of Lovenox or Arixtra may be prescribed right after surgery and continued a few more days after you are discharged to home. Your nurse will instruct you and your family about the process if it is ordered by your surgeon.

Coumadin (Warfarin) may be prescribed daily following surgery. Your surgeon will instruct you on length of time for treatment. You will have labwork associated with this medication.



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